



Holistic

A P P R O A C H F D C

Preparing Children for Life: **Connect, Create, Achieve!**

Mindfulness in Early Childhood

The purpose of this newsletter is to create awareness about the power of mindfulness. It is a simple yet affective way to empower educators within our profession. There are some great articles that you may use within your staff meetings, personal development days or simply as references.

Mindfulness

NHS Choices (2016) *Your health, your choice.*

It can be easy to rush through life without stopping to notice much.

Paying more attention to the present moment – to your own thoughts and feelings, and to the world around you – can improve your mental wellbeing. Some people call this awareness "mindfulness". Mindfulness can help us enjoy life more and understand ourselves better.

Professor Mark Williams explains that it's easy to stop noticing the world around us. It's also easy to lose touch with the way our bodies are feeling and to end up living 'in our heads' – caught up in our thoughts without stopping to notice how those thoughts are driving our emotions and behaviour," he says. "An important part of mindfulness is reconnecting with our bodies and the sensations they experience. This means waking up to the sights, sounds, smells and tastes of the present moment. That might be something as simple as the feel of a banister as we walk upstairs.

"Another important part of mindfulness is an awareness of our thoughts and feelings as they happen moment to moment.

"It's about allowing ourselves to see the present moment clearly. When we do that, it can positively change the way we see ourselves and our lives."

Article by Galina Zenin

'Wellbeing Starts with Healthy Mind'

By Galina Zenin

Founder, Bonkers Beat

The theme for this year's [Education Week](#) was very close to our hearts at Bonkers Beat - Healthy Mind, Healthy Body.

For many years – and still today for some – a healthy mind was viewed as being a separate issue to a healthy body. We are big believers in the relationship between mind and body and the need for a focus on wellbeing. In fact, we are committed to enhancing the wellbeing of every child, every day!

Happy, healthy, resilient children

Happy, healthy and resilient children are the goal of the Victorian government's education sector, and while Education Week is aimed at Primary schools, we think it's a theme worthy of us all taking on board.

Ask yourself: How do you enhance your own wellbeing and the wellbeing of children in your care? Can you do better or do more?

There are many approaches you can incorporate to increase your focus on healthy minds and healthy bodies. Bonkers Beat educational programs allow daily wellbeing routines to be embedded effortlessly into any curriculum, and the rewards and results are amazing.

In light of Education Week's Healthy Mind, Healthy Body theme we decided to make a list of how we contribute to healthy minds and healthy bodies. You might like to do the same with your children!

How we encourage Healthy Mind, Healthy Body...

For Children: Daily yoga, meditation and dedicated wellbeing routines.

For Educators: Professional and personal development programs, [Wellness Summits](#), support, hands-on workshops, [annual staff retreats](#) and a music training program online.

For Families: Wellbeing resources for home, newsletters, information nights for parents, children's progress sessions and monthly educational webinars for families.

A daily focus on healthy minds and bodies is brilliant, but there's no harm in throwing in some extra activities from time to time as well.

Try these within your children and families:

-[Smoothie making](#)

-Bike riding

-[Get close to nature](#)

At Bonkers Beat we believe in the benefits of wellbeing practices for life for all children – we also see educators enjoying the benefits of music, yoga and meditation too!



Mindfulness Masterclass

Written by Alina Dan

How heavy is your sack of Potatoes?

For those that know me and have listened to my many different presentations know very well the power of metaphors.

One particular one that I use (with every opportunity) is the reminder that we can easily end up filling up our sack of potatoes very quickly and excessively.

When I refer to potatoes I mean a wide range of things:

1. extra early wake up call
2. losing house keys
3. not finding the phone
4. somebody else taking your favourite car park spot
5. a few not so kind words told first thing in the morning
6. long physically demanding day
7. not finishing your shift on time



And the list can continue with many different varieties.

Here is when I come to combat the potatoes syndrome with a simple yet loud question:

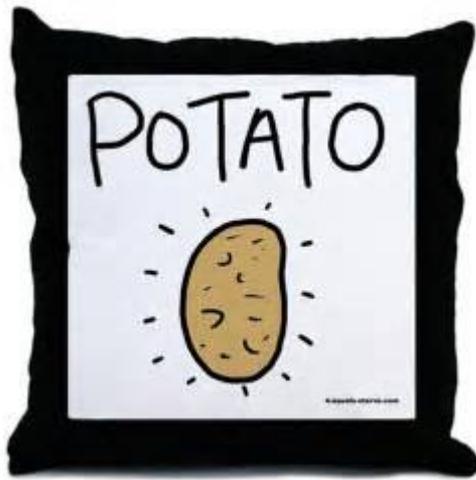
WOULD YOU PLAY WITH YOU??

If we were to take our inner child out and leave him/her in the middle of the room, we would play with that person walking in with a heavy load of potatoes? Why have we chosen this career? How do we remain mindful and focused? What is our purpose?

P.S. One of the worst things we do at times is take our sack of potatoes home. Be mindful about your load, always leave them where they belong and find great empowering ways to lighten the load!

Many people use various techniques to lighten the load:

1. meditation
2. visualisation



3. physical activities
4. nature connection
5. mantras
6. yoga and/or Pilates

In our next newsletter we will refer to the Power of Self-Talk! One of the most important keys to re-wiring the brain - is firstly listening carefully to what are you saying to yourself (and about yourself) and secondly changing the language accordingly!

Dr Arini's colour of the month: Purple

This is an empowering and life changing experience for any team. Book an in-house workshop with Dr Arini - <http://www.arinimethod.com/>

Written by: Arini Beaumaris

Dr Arini Beaumaris provides a revolutionary approach to the holistic development of each child's social brain and heart intelligence. We naturally come with an instruction manual that is written all over our faces and is part of our non-verbal expressions. Over 30 years of research has identified how to read the different types of social brains, to provide guidance on how to interact, communicate, learn, emotionally sooth and bridge the communication gap that can so easily develop between people.

Each edition we will focus on one of the colours from The Arini method, and this month 'purple' has been chosen.

Dr Arini's colour of the month: Purple

How to recognise a purple person from the non-verbal actions

Relational / Mind

Hand Movements

- A number of dramatic hand movements, mainly from side to side, often in a rolling movement conveying intensity about an idea

Eye Movements

- Intense gaze, penetrating, they hardly blink
- Body Posture
- Variety of body movements and gestures
- Qualities of the voice
- Relatively strong, speedy voice
- Other characteristics
- Responsive facial features, will smile easily or nod their heads in agreement with what you are suggesting
 - Passionate and intense about expressing ideas
 - Impatient with too much detail
 - Highly interactive, will often interrupt each other to clarify a point or add another idea
 - Can be great orators
- Famous People
- President Clinton
 - President Kennedy
 - Dr Martin Luther King

Overview of the key communication factors

<p>Context and degree of detail Goal, purpose, low detail, will ask for details if needed</p> <p>Interactivity High</p> <p>Speed Fast, interactive decision making</p> <p>Time Focused on the future</p>	<p>Verbal or Written Prefer information in person</p> <p>Key Values Respect, justice and fairness</p> <p>Presentation of information Direction taking and reason for it</p> <p>Dominant mode of learning Interactive, visual</p>
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Communication tips for structuring your conversation with Purple:

Relational / Mind

- Interested in the direction you are taking, the reason for it and how you expect to accomplish your goal
- Be direct and straight forward
- Appreciate interactive brain storming, explore together ideas for future action, then agree on the steps to be taken

- Follow the movement of their ideas and do not take every word literally
- Enjoy asking questions in a process of mutual inquiry
- Statements are not completed thoughts but contributions to an interactive process
- Respect is one of primary concern, also respect their feelings
- Focus on external problem solving not inner exploration
- Want to know about the people involved, your time frames and expected outcomes
- Enjoy a challenge
- They will ask for detail if they need it

Words to use when communicating with a Purple (Relational / Mind) Mode

begin	experiment	intense	respect
brainstorm	fair	interact	risk
challenge	great	"let's go!"	rules
change	idea	model	structure
direct	impatient	new	try
emergent	independent	possibilities	unknown
enthusiasm	innovate	push forward	

Areas to Strengthen

- Patience with another person's processing and style of functioning
- Active Listening: by not defending your judgement and actions but seeking to understand how the other person has perceived your actions.
- Ask the other person if they would like to understand your motivation and thinking in the situation, once you have heard from them what has been of concern
- Not interrupting or dismissing the other person's perspective but asking open questions to draw them out
- Emotional resilience:- by not personalizing what a person has said, or check whether your perceptions are the same as theirs
- Check assumptions eg, Asking the other person what actions you need to take, for them to feel the issue has been resolved
- Let others know where you are in the process rather than waiting until the activity is finished
- Being more present in your body and addressing your health before you have stressed yourself too much
- Be less anxious and more relaxed and enjoy the moment rather than continually preparing for the future

Resources of the month

Bonkers Beat has many resources available for educators. These Yoga cards are great for childrens mindfulness, relaxation and overall health.

YOGA WITH BONKERS THE MONKEY SET.

This CD and set of 20 cards is designed to promote physical strength, flexibility, body awareness, balance and mental focus. Each card include a poem, an easy description of the pose, as well as a picture of an animal and a pose.

'Yoga with Bonkers the Monkey' is a fun way to engage children and the whole family in wellbeing practices.

To receive weekly news and **5 Vital Transitional Songs**, visit Bonkers Beat website:

MusicEarlyChildhoodPresenter.com

For more information about Bonkers Beat **Educational Resources** click:

MusicEarlyChildhoodPresenter.com/shop/

To discover how you can effortlessly **integrate music** into your daily routines follow this link: BonkersBeat.com/StarterProgram/

And please share your ideas and the wonderful things you do to encourage healthy minds and bodies with us on [Facebook!](#)

Book of the month

TITLE:

The Joy of Living - Unlocking the secret and science of happiness.

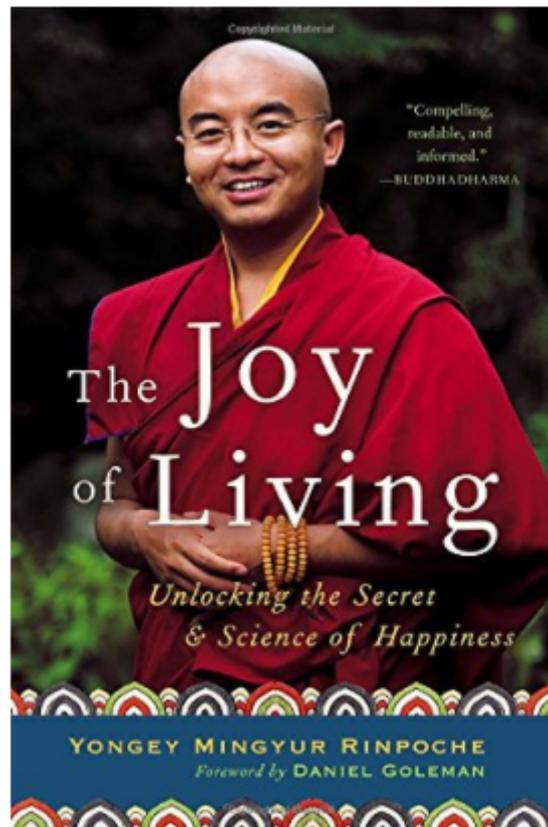
WRITTEN BY:

Yongey Mingyur Rinpoche.

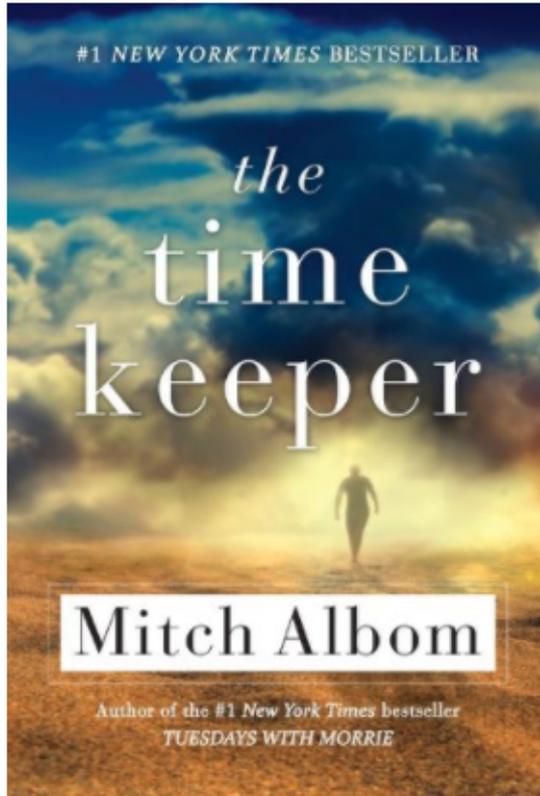
BLURB:

An illuminating perspective on the science of meditation—and a handbook for transforming our minds, bodies, and lives

In *The Joy of Living*, world-renowned Buddhist teacher Yongey Mingyur Rinpoche—the “happiest man in the world”—invites us to join him in unlocking the secrets to finding joy and contentment in the everyday. Using the basic meditation practices he provides, we can discover paths through our problems, transforming obstacles into



opportunities to recognize the unlimited potential of our own minds.



TITLE:

The Time Keeper

WRITTEN BY:

Mitch Albom

BLURB:

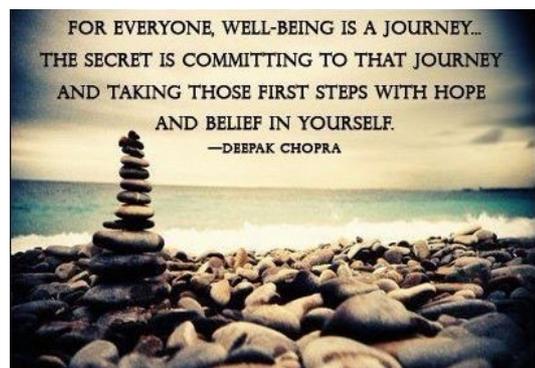
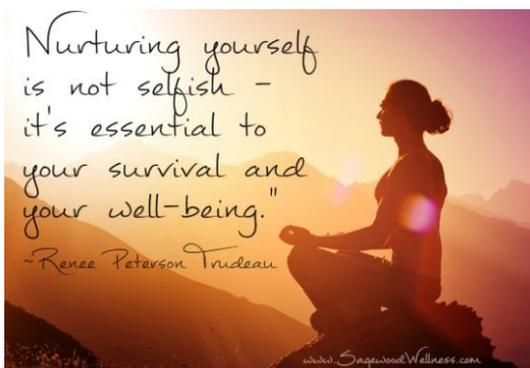
In Mitch Albom's exceptional work of fiction, the inventor of the world's first clock is punished for trying to measure God's greatest gift. He is banished to a cave for centuries and forced to listen to the voices of all who come after him seeking more days, more years.

Eventually, with his soul nearly broken, Father Time is granted his freedom, along with a magical hourglass and a mission: a chance to redeem himself by teaching two earthly people the true meaning of time.

He returns to our world--now dominated by the hour-counting he so innocently began--and commences a journey with two unlikely partners: one a teenage girl who is about to give up on life, the other a wealthy old businessman who wants to live forever. To save himself, he must save them both. And stop the world to do so.

Told in Albom's signature spare, evocative prose, this remarkably original tale will inspire readers everywhere to reconsider their own notions of time, how they spend it, and how precious it truly is

Wellbeing Quotes



**Your thoughts
are the architects
of your destiny.**

~David O. McKay

What is Wellbeing?

Written by Steph Milner

Building your self-esteem and self-worth allows you to confidently collaborate with families and organisations!

How you feel about yourself really matters! People will not respect you if you don't respect yourself. Being happy and confident allows you to be mentally strong within yourself and your relationships with others. You will also be a great role model for the children in your care and all others that you interact with.

By developing their professional knowledge and skills, and working in partnership with children, families, communities, and other services and agencies, Educators continuously strive to find equitable and effective ways to ensure that all children have opportunities to experience a sense of personal worth and achieve learning outcomes (Early Years Learning Framework, page 13).

Try these tips to boost your confidence before collaborating and communicating with other stakeholders in the children's lives!

Stop comparing yourself!

The fastest way to dull your sparkle is to compare yourself to someone else. It is great to aspire to be like someone who motivates you, but don't let their achievements bring you down! Focus on the positives and being the best person you can be!

Surround yourself with people that build you up too! Stop judging yourself and stop judging others! You don't need that negativity in your life! Know that you cannot change other's opinions of you, but you can control the way you react. Don't be controlled by your feelings, be objective in all situations. Learn to embrace change and move on when something doesn't go your way.

'A strong, positive self-image is the best possible preparation for success in life' – Dr Joyce Brothers

Try some self-affirmations

Reflecting and reminding yourself of your worth can influence your subconscious mind to think positively. Visualise the life you want. Look into a mirror and say out loud:

- *'I love myself'*
- *'Today will be a great day'*
- *'I am in control of my life'*
- *'Everything will be ok'*

Set goals and celebrate each step towards success.

'The real value of setting goals is not the recognition or the reward, it's the person we become by finding the discipline, courage and commitment to achieve them.'

BUILDING YOUR SELF-ESTEEM DOESN'T HAPPEN OVERNIGHT. IT IS A GRADUAL PROCESS USING MANY STRATEGIES. UNTIL THEN 'FAKE IT TIL YOU MAKE IT'

Know that while you are working on your goals, you are capable of accomplishing! Don't look at obstacles as failures, learn from each set back.
Do your research to help you feel confident and in control.

Prepared by Holistic Approach Group.

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